

Friday, December 18, 2020

Dear Richmond Families,

Patty Gunderson, the Lassen County Office of Education Superintendent, notified our community on Wednesday, 16, 2020, that Dr. Korver would not be extending the county-wide school closure order, which will expire on December 31, 2020 (Lassen News, Wednesday, December 16<sup>th</sup>). This means that, as of today, Richmond Elementary plans to reopen and welcome our students back on Monday, January 4, 2020.

I want to take a moment to share that, with increase in positive Covid-19 community cases, we expect, and are planning for, the necessity that some students and/ or cohorts may be required to move into distance learning again at some point – and that these necessary moves maybe come on short notice, as Richmond Elementary complies with State and local health mandates once we reopen. As a reminder, here are the steps we are required to take, should someone on our campus test positive for Covid-19:

### **How Richmond will Address Increase in Community Cases Affecting Students and Staffing:**

#### **Daily Health Checks:**

1. If a student does not pass our daily wellness check and displays Covid-19 symptoms, the Richmond office will call parents to pick up the child.
  - a. We are required to then report the symptoms to Lassen County Public Health, who may (and likely *will*) place the child on quarantine/ isolation. **Please keep your child home if he/ she is ill.**
  - b. If the child is placed on quarantine/ isolation by Lassen County Public Health, he/ she will move to distance learning until the school office receives a clearance from Public Health.
2. If an employee does not pass our daily wellness check and displays Covid-19 symptoms, the employee must stay at home, and have a negative Covid test before they can return to school.
  - a. If the employee is a teacher, we will make every attempt to find a substitute.
  - b. However, if we cannot find a substitute, the class may be required to move into distance learning until we can find a substitute or the teacher returns.
    - i. If any class is required to move into distance learning because we cannot find a substitute, we will send out a mass communication: all-call to homes, mass-email, Facebook Post, and Website Post. Please make sure to update your phone numbers if you are not receiving these communications.

#### **Positive Covid-19 Cases:**

1. If we are contacted by Lassen County Public Health that a student or employee has tested positive for Covid-19, we will notify the community via our website that we have a positive case and call all the students/ adults who have had close contact with the student or employee who has tested positive.
  - a. We will always protect the privacy of students and staff.
  - b. If the positive case is a teacher, we will make every attempt to find a substitute (as mentioned above).
  - c. If you do not hear from us directly, we determined that your student was *not* in close contact with the person who tested positive (Close contact is defined as being within 6 feet of the student for more than 15 minutes during the preceding 48 hours).
2. If we are notified by Lassen County Public Health that a parent/ guardian has tested positive, we will provide no notification unless the student has also tested positive and has had contact with others at school.

3. If there are 3 or more positive cases in a 14 day period, the school will be required to shut down for up to 14 days. During the shut-down period, all students will move to distance learning, while the campus is thoroughly cleaned and disinfected.

*We will make every effort to communicate with our families as soon as possible, in each of the cases above, and will continue to use all-call phone calls, all-call emails, Facebook Posts, and Website homepage post. If you are not receiving our communications, please call the office in January to update your contact information.*

### **New California Department of Public Health (CDPH) Mask Requirement in Transitional Kindergarten, Kindergarten, first grade, and second grade:**

I also want to share with you that in November, the California Department of Public Health (CDPH), issued a new mandatory mask requirement for all Californians, to wear masks outside of the home. This new order requires that *all of our students at Richmond now* wear masks when they return on January 4, 2021. We will be working to help our students with this new requirement, when they return to Richmond, and will provide additional support, including increased “mask breaks” as needed.

We will post a copy of the new CDPH requirements at the end of this communication and on our website’s home page for your reference.

Thank you to all the families following our reopening and wellness mandates, as well as these new mask CDPH mandates, by wearing a masks while you visit a building on our campus. This helps us ensure the safety of all students and all employees.

*If you do not wish to wear a mask, please call the office so that one of us can arrange to meet you outside.*

### **Educational Options for Families:**

We understand these are challenging times for families. Any student who is not able to, or comfortable wearing a mask, will be offered distance learning.

Should any family decide to move their child into distance learning *instead of returning their child to in-person class on January 4, 2021*, we are opening up the enrollment process for voluntary distance learning for the remainder of the school year, from January 4<sup>th</sup> though Tuesday June, 8, 2021. If you are interested in enrolling your child into voluntary distance learning, please use this link by January 1, 2021, to register:

### **Link to register your child for voluntary Distance Learning:**

<https://forms.gle/hqr31Wm4s9ZTP8GS7>

*This link is available on our website’s homepage at: [www.richmondelementary.com](http://www.richmondelementary.com)*

### **Mental Health Webinars:**

San Diego Office of Education and Scripps have partnered to offer a January 2021 Mental Health webinar Series free to Lassen families. Webinars include topics include Posttraumatic Growth: how to manage the human experience through Covid-19; Mental Strategies for Managing Your Overactive Mind: Useful Techniques for the Pandemic, Helping Teens with their Screens, and more... Please feel free to review, and register for, one of the Scripps free virtual webinars during the month of January if you feel there is a topic of interest to you and your family. More information is included at the end of this communication for your reference and on our school’s website homepage.

## **Winter Break: December 19- January 3rd**

As you know, our Winter Break begins Friday, December 18<sup>th</sup> until we reopen on Monday, January 4<sup>th</sup>. During that time, our office will have limited hours and our teaching and support staff will be celebrating with their families. If, you have a concern about your child, or need support and cannot reach the office, please feel free to email me; [sgreiten@richmondelementary.com](mailto:sgreiten@richmondelementary.com). I will be checking my email periodically during the break and would be happy to help you with any need requiring immediate attention.

## **Final Thoughts**

Richmond has the greatest students in the world. We have the most dedicated, and hard-working parents supporting students, whether in in-class or distance learning instruction. We also have the best teachers, instructional support staff, and office personnel I have ever known. If I were a coach, selecting the best team to get through this together, I would select all of you. With a team like ours, I know we can continue to work together, and support each other, despite all the challenges we face as students, families, teachers, and staff, so that our kids can return to school Richmond on Monday, January 4<sup>th</sup>.

Until then, all of us at Richmond, wish you a very Merry Christmas and a happy holiday season!

See you in 2021!

Sincerely,



Sabrina Greiten

Superintendent/ Principal

Richmond Elementary School District



Sandra Shewry  
Acting Director

State of California—Health and Human  
Services Agency  
**California Department of  
Public Health**



GAVIN NEWSOM  
Governor

November 16, 2020

**TO:** All Californians

**SUBJECT:** Guidance for the Use of Face Coverings

**Note: The following guidance supersedes face coverings guidance released on June 18, 2020. This updated guidance mandates that a face covering is required at all times when outside of the home, with some exceptions.**

## Background

The risk for COVID-19 exposure and infection remains and will continue to be in our midst for the foreseeable next several months. Since the start of the pandemic, we have learned a lot about COVID-19 transmission, most notably that there are a large proportion of people who are infected but are asymptomatic or pre-symptomatic, and they play an important part in community spread. The use of face coverings by everyone can limit the release of infected droplets when talking, coughing, sneezing, singing, exercising, shouting, or other forms of increased respiration, and they can also reinforce physical distancing by signaling the need to remain apart. In addition, increasing evidence also demonstrates a cloth face covering or mask also offers some protection to the wearer, too.

The purpose of this guidance is to provide information about when face coverings are required. It mandates that face coverings be worn state-wide at all times when outside of the home, unless one or more of the exceptions outlined below apply. It does not substitute for existing guidance about physical distancing and hand hygiene.

## Guidance

People in California must wear face coverings when they are outside of the home, unless one of the exemptions below applies.

## Individuals are exempt from wearing face coverings in the following specific settings:

- Persons in a car alone or solely with members of their own household.
- Persons who are working in an office or in a room alone.
- Persons who are actively eating or drinking provided that they are able to maintain a distance of at least six feet away from persons who are not members of the same household or residence.
- Persons who are outdoors and maintaining at least 6 feet of social distancing from others not in their household. Such persons must have a face covering with them at all times and must put it on if they are

- within 6 feet of others who are not in their household.
- Persons who are obtaining a service involving the nose or face for which temporary removal of the face covering is necessary to perform the service.
- Workers who are required to wear respiratory protection.
- Persons who are specifically exempted from wearing face coverings by other CDPH guidance.

## **The following individuals are exempt from wearing face coverings at all times:**

- Persons younger than two years old. These very young children must not wear a face covering because of the risk of suffocation.
- Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering. This includes persons with a medical condition for whom wearing a face covering could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance. Such conditions are rare.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- Persons for whom wearing a face covering would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.

**Note:** Persons exempted from wearing a face covering due to a medical condition who are employed in a job involving regular contact with others must wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.

### **Additional Information**

## **What is a cloth face covering?**

A cloth face covering is a material that covers the nose and mouth. It can be secured to the head with ties or straps or simply wrapped around the lower face. It can be made of a variety of materials, such as cotton, silk, or linen. A cloth face covering may be factory-made or sewn by hand or can be improvised from household items such as scarfs, T-shirts, sweatshirts, or towels.

## **How should I choose and wear a cloth face covering?**

You should select a face covering that covers your nose and mouth, goes under the chin, and does not have significant gaps around the nose or other parts of the face. Look for face coverings that have three layers, if possible, and are still easy to breathe through. Be sure that the ear loops or ties are tight enough to keep the face covering from sliding down the nose. Always wear your face covering over your nose and mouth, not under your nose or under your chin.

## **How well do cloth face coverings work to prevent spread of COVID-19?**

There is increasing scientific evidence demonstrating that use of face masks or cloth face coverings by the public during this COVID-19 pandemic helps reduce disease transmission. Their primary role is to reduce the release of infectious particles into the air when someone speaks, coughs, or sneezes, including someone who has COVID-19

but feels well, as well as reduce exposure for the wearer. Cloth face coverings are not a substitute for physical distancing, washing hands, and staying home when ill or under quarantine, but they are additive when combined with these primary interventions.

## **When should I wear a cloth face covering?**

You should wear face coverings whenever you are outside of your home, unless one of the exceptions described above applies to you. Individuals who have significant COVID-19 exposure outside of their home, such as in the workplace, should consider wearing a mask at home, especially if vulnerable individuals are part of their household.

## **How should I care for a cloth face covering?**

It's a good idea to wash your cloth face covering frequently, ideally after each use, or at least daily. Have a bag or bin to keep cloth face coverings in until they can be laundered with detergent and hot water and dried on a hot cycle. If you must re-wear your cloth face covering before washing, wash your hands immediately after putting it back on and avoid touching your face. Discard cloth face coverings that:

- No longer cover the nose and mouth
- Have stretched out or damaged ties or straps
- Cannot stay on the face
- Have holes or tears in the fabric

For additional information and resources regarding masks and face coverings, including types of recommended and not recommended masks, see the [CDC Face Coverings Website](#).

California Department of Public Health  
PO Box, 997377, MS 0500, Sacramento, CA 95899-7377  
Department Website ([cdph.ca.gov](http://cdph.ca.gov))





Student Support Services, Student Wellness & Positive School Climate, and Scripps Health is excited to announce the



## Mental Health Webinar Series

The San Diego County Office of Education, in partnership with Scripps Health, is offering a series of webinars to support the mental wellness of school communities during these uncertain times.

**January 12, 2021**

**10:00 – 11:30 am**

### Posttraumatic Growth: How to manage the human experience through COVID-19

*Charlie Scheck, BSN, RN, TNCC, TCRN, CCRN, ABLIS, ATCN, MCH*

Learn about what Posttraumatic Growth (PTG) is and the domains of PTG. With PTG comes a positive change to a person's life after an experience of a crisis event.

**January 14, 2021**

**3:30 – 5:00 pm**

### Mental Strategies for Managing Your Overactive Mind: Useful Techniques for Surviving the Pandemic

*Linda Hutkin-Slade, MSW, LCSW, OSW-C*

Athletes use tricks and mental games to get through tough patches and these same techniques can be used to negotiate life during the pandemic. Come explore and learn different ways to cope with anxiety and depression and manage during this stressful time.

**January 19, 2021**

**10:00 – 11:30 am**

### Crisis & Youth: Self Harm and Suicidal Ideation

*LalaineMae Oliveria, LMFT, North County Lifeline*

This presentation will review not only how to recognize when a youth is in a crisis (engaging in self-harm or experiencing suicidal thoughts), but will also include helpful strategies.

**January 21, 2021**

**3:30 – 5:00 pm**

### Helping Teens with their Screens

*Jon McKee*

In a world where 89% of teenagers have smartphones in their back pocket, and 79% bring their phones into the bedroom every night... now anxiety, depression, and teen suicide have all spiked to unprecedented levels. So how is it that we can help young people learn to become Screenwise?

**January 26, 2021**

**10:00 – 11:30 am**

### The Role of Sleep in the Prevention of Mental Health Disorders

*Derek Loewy, Ph.D., DABSM, CBSM*

This presentation will address the mental health consequences of insufficient sleep and offer education and strategies for optimizing natural sleep.

**January 28, 2021**

**3:30 – 5:00 pm**

### Maintaining Hope in a Time of Profound Grief and Loss

*Nerissa A. Abalde, MSW, Palliative Care Social Worker*

The death of a loved one is difficult for everyone. Working with the grief permeates the care experience for individuals, families, and all who support them.



**Register for Virtual \*Zoom training(s) at:**

<http://sdcoe.k12oms.org/918-196743>

\*ZOOM link will be emailed to participants prior to training

Please note that in order to receive presentation materials you must be present.

**No Cost**

**General Questions:**

Violeta Mora, Project Specialist, Student Support Services  
(858) 298-2099 or email: [viomora@sdcoe.net](mailto:viomora@sdcoe.net)

**Registration Questions:**

Amanda Holt (858) 298-2075 or email:  
[amanda.holt@sdcoe.net](mailto:amanda.holt@sdcoe.net)

In accordance with the Americans with Disabilities Act, if you need special accommodations to participate, please contact:

Amanda Holt (858) 298-2075 or email:  
[amanda.holt@sdcoe.net](mailto:amanda.holt@sdcoe.net)

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